

Issue	Service/Agency	Contact details
Any concern	Childline – a free, private and confidential service for young people to talk about anything.	0800 1111 www.childline.org.uk
Young person’s mental health and wellbeing concerns	Kooth – a digital mental health and well-being service.	www.Kooth.com , or download the app
Concerns about suicide	Papyrus – A charity dedicated to the prevention of young suicide	www.papyrus-uk.org Hopeline: 0800 0684141
Advice about relationships, body issues, mental health, drink and drugs, housing, money, work and study, crime and safety and travel and lifestyle	The Mix – A support service for young people facing challenges; from mental health to money, from homelessness to finding a job	www.themix.org.uk 0808 8084994
Child and Adolescent Mental Health Services (depression, problems with food, self-harm, abuse, violence or anger, bipolar disorder, schizophrenia and anxiety, among other difficulties)	CAMHS	Benton House 0191 2466800
Children and Young People’s Service (depression, problems with food, self-harm, abuse, violence or anger, bipolar disorder, schizophrenia and anxiety, among other difficulties)	CYPS	0191 2466913
Relationships and abuse	Acorns Project – support for families in North Tyneside and Northumberland	www.acornproject.org.uk
Young people’s mental health (11-25 year olds) in Newcastle	Streetwise	www.streetwisenorth.org.uk 0191 230 5400
Support for under 18s looking after a family member who is ill, disabled, has mental health problems or is misusing drugs and alcohol	Young Carers	www.newcastlecarers.org.uk 0191 2755060 Tel: 0191 3498366 Text: 07712862858

Concerns about student well-being in school	Gosforth Academy Jesmond Park Academy North Gosforth Academy Gosforth Junior High Academy Great Park Academy Callerton Academy	0191 285 1000 (option 2) 0191 281 8486 0191 236 1700 0191 2851000 (option 1) 0191 255 9170 0191 255 9175
LGBTQ+ issues	The Proud Trust	www.theproudst.org 0161 6603347
Low self-esteem, low resilience and emotional regulation	WeHeartCBT	www.weheartcbt.com
Mindfulness	Dreamy Kid – Meditation to combat signs of stress, technology-fatigue and anxiety	www.dreamykid.com
Concerns about sleep quality, stress and anxiety and lack of focus.	Calm – A website that aims to help health and happiness	www.calm.com
In an emergency	Police	999, 101 If you need the police but can't speak because you don't want to be heard, call 999 and whisper or cough. Call handlers know what to do! - You will be asked to press 55 to confirm this is an emergency. See full details on the Useful Files page: Call 999 secretly - Silent Solution.
Child or family at risk	Social Services Newcastle North Tyneside Northumberland	0191 2772500 Out of hours: 0191 2787878 0345 2000109 Out of hours: 0191 2006800 01670 622930 Out of hours: 0345 6005252